



DINING LOCATION: 7151 York Ave Edina

PHONE: 952.893.1448

SENIOR DINING MENU – NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chicken Primavera over Fettuccine Italian Green Beans Tropical Fruit French Bread/Marg Oatmeal Raisin Cookie	Beef Lasagna Chuck Wagon Corn Dinner Salad w/French Dressing Dinner Roll/Marg Ginger Cookie	Lemon Pepper Tilapia Or ALT: Chicken Breast Wild Rice Pilaf Beets Fresh Fruit Chocolate Chip Bar	Roast Sliced Pork w/Apple Rhubarb Glz. Or SR: Sliced Turkey Mashed Potatoes & Gravy Squash Dinner Roll w/Marg Chocolate Cupcake	Spaghetti & Meatballs w/Marinara Sauce Normandy Veggies Mandarin Oranges Focaccia Breadstick w/Marg. Banana Pudding
9	10	11	12	13
BBQ Beef Riblet On Hoagie Bun Tator Tots Cauliflower Fresh Fruit	Fried Chicken Buttered Corn Herb Potatoes Potato Dinner Roll w/Marg. Apple Pie RCD: Apple Slices	Ham & Cheese Mac Or SR: Turkey & Cheese Mac Green Beans Peach Slices Breadstick w/Marg. Brownie	Turkey Meatloaf w/Cranberry Glz. Mashed Sweet Potatoes Normandy Veggies Wheat Roll w/Marg. Pound Cake w/Strawberry Glz. RCD: No Strawberry	Cordon Bleu Chix Breast Or ALT: Mornay Chix Jeweled Br. Rice Dinner Salad w/Ranch Dressing Diced Pears Vanilla Pudding
16	Thanksgiving Meal	18	19	20
Cheeseburger on WW Bun Jo Jo Potatoes Coleslaw 2 Ketchup Pkts Mustard Pkt Pineapple Chunks	Sliced Roast Turkey Mashed Potatoes Gravy Stuffing Brussel Sprouts Pumpkin Pie/Topping RCD: No Topping	Glazed Ham Steak Or SR: Glzed Chix Breast Baby Red Potatoes Mixed Veggies Pumpnickel Bread w/Marg. Fresh Melon	Chicken Parmesan Garlic Mashed Potatoes Italian Blend Veggies French Bread w/Marg. Frosted Chocolate Chip Cake RCD: Unfrosted Cake	Beef Stew (Beef, Potatoes, Carrots) Green Peas Apple Slices Biscuit w/Marg. Sugar Cookie
23	24	Birthday Day 25	26	27
Tator Tot Hot Dish Broccoli Peach Slices White Roll w/Marg. Rice Pudding	Chicken Cacciatore Whole Grain Penne Pasta Green Beans Apricots Breadstick w/Marg. Toffee Bar	Beef Pot Roast Mashed Potatoes w/Gravy Carrot Coins Dinner Roll w/Marg. Pumpkin Cake w/Cream Cheese Frosting RCD: No Frosting	Dining Sites Closed Bag Lunch Available Chicken Salad On WW Bun Applesauce Fresh Orange Cookie	Dining Sites Closed Bag Lunch Available Cold Cut Sub Mustard Pkt Marinated Veggies Diced Pears Bar
30				
Salisbury Steak Or Alt: Liver w/Onion Gravy Mashed Potatoes Peas & Carrots WW Bread w/Marg. Frosted Spice Cake				

1% milk and margarine are served with each meal. SR=salt restricted, RC=restricted calorie dessert. Your comments are welcome: call 952-945-4156. Volunteers of America Senior Nutrition Program serves all seniors regardless of race, color, sex, disability, national origin, or religion. The service is funded through a contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act Program and participant contributions. Upon request, this information will be made available in an alternative format: Braille, large print or audiotape. For TDD, contact Minnesota Relay Service at 1-800-627-3529. For more information about the services provided by Volunteers of America of MN go to www.voamn.org